

Supermodel Legs with MeJo

The Hundred	100	<u>Side Kicks:</u>	all 4x
Roll Up	3x	- Front/Back	
Roll Over	3 sets	- Up/Down	
Single Leg Circles	3x	- Circles	
Rolling Like a Ball to Stand	3x	- Bicycle	
Single Leg Stretch	5 sets	- Double Leg Lower Lift	
Double Leg Stretch	5x	- Circles	
Single Straight Leg Stretch	5 sets	- Big Scissors	
Bicycle	5x	- Transitional Beats, swim	
Double Straight Leg Stretch	5x	Teaser 1	3x
Criss Cross	5 sets	Swimming	3 breaths
Spine Stretch Forward	3x	Kneeling Side Kicks	4 sets
Saw	4 sets	Boomerang	3 sets
Neck Roll/Swan	3x	Lunges	4 sets
Single Leg Kicks	5 sets	Side Splits	4x
Double Leg Kicks	3 sets	Marching in Place	5 sets